

Brain Builders: Optimizing Your Toddler's Early Brain Development

Through this workshop, parents and caregivers will explore the ingredients for building a strong foundation of social and emotional skills during their child's first three years. Learn about the exponential brain growth that occurs during this time period, look at the serve-and-return interactions that happen through play, and gain tips on how to stay positive when your toddler is exerting their ever growing sense of independence. Also, learn about the variety of community resources that will help you support young children during this stage.

Tuesday, February 8, 7:00 to 8:00 p.m. Free Virtual Workshop, Register [here](#)

Parenting with Empathy

Empathy is the ability to recognize and understand the feelings of others. Join us in this virtual workshop as we explore empathy and discuss ways you can spark empathy in your child through everyday interactions. This is geared for caregivers of children birth to five.

Tuesday, February 15, 7:00 to 8:00 p.m. Free Virtual Workshop. Register [here](#)

Friendship Skills for School and Life Success

Social skills are at the top of the list of important skills for school success. Parents can have a strong impact on their children's social/emotional development to help their children learn positive interpersonal skills that breed both success in developing friendships as well as the "side effect" of stronger academic skills. Learn ways to intentionally impart this critical school and life skill. Build awareness of developmentally appropriate social skills and the affect COVID has had on social development. Understand how your child can make friends, maintain those friendships and solve conflicts. Become aware of friendship tools and resources available to help your child and learn how to help your child practice friendship skills. Help children navigate peer pressure and build stronger self-esteem. This is targeted for parents of children from pre-school through the elementary age.

Thursday, February 17, 7:00 to 8:00 p.m. Free Virtual Workshop. Register [here](#)

Brain Builders: Infant Years**Optimizing Your Infant's Early Brain Development from Birth to 18 months**

Babies are primed to start learning from the day they are born and there is much science about this critical time in their development. Through this workshop, parents and caregivers will gain an understanding of their infant's developing brain and how simple daily interactions and activities are the learning moments that support those brain connections. Learn more about how creating a secure attachment with your baby helps to create effective learning pathways. Explore the many resources in the community that will support your family on this developmental journey to help ensure that your baby starts off with a healthy and strong beginning.

Tuesday, February 22, 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop

Selecting High Quality Child Care

Selecting child care can be an overwhelming process. Every parent wants to find quality care to meet their needs; a healthy & safe environment, a child that is happy to attend the program, a program that is convenient in location & hours and a program that is affordable. Learn how to choose a child care program that works for your family.

Wednesday, February 23, 7:00 p.m. Click [here](#) for registration to virtual workshop

Nothing I Do Works: A Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research based approach that considers all of the factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from

happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

Wednesday, March 9 , 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop

February Parent Pages Newsletter Click [here](#)

The Office of Children and Families' annual Child Care Fair is coming to the North Laurel Community Center **Saturday, February 26. 10:00 a.m. to 2:00 p.m.** This free event offers parents and caregivers the opportunity to learn about childcare, preschools, school-age and summer programs. For more information and other community resources, have a look at the newsletter!

If you don't receive our monthly newsletter, Howard County Parent Pages, click [here](#) to sign up.